



Vegetables for pregnancy and breastfeeding

Pregnant and breastfeeding women should eat a variety of nutritious foods.

Pregnancy is a time when there is an increased demand for nutrients, particularly folic acid, vitamins A and C and most of the B vitamins as well as minerals such as iron, zinc and iodine.

During breastfeeding the body needs extra minerals and vitamins to pass on to baby via the breast milk.

Eating plenty of vegetables will help with these demands.

Fibre is also an important nutrient while pregnant. It maintains a healthy digestive system, helping to make you feel more comfortable.

Vegetables provide carbohydrates, dietary fibre, vitamins especially folate, vitamin A (yellow and green vegetables), vitamin C (dark green vegetables, potato), and minerals.

It is recommended that pregnant and breastfeeding women eat at least 6 servings of fruit and vegetables a day (at least 4 servings of vegetables, 2 of fruit).

Serving size examples of vegetables

- 1 medium piece of potato, kumara, pumpkin, carrot, taro, kamokamo or yam (135 g)
- $\frac{1}{2}$ cup cooked vegetables, eg, puha, watercress, silverbeet, taro leaves, bok choy, broccoli, cabbage, corn or peas (50–80 g)
- $\frac{1}{2}$ cup salad or bean sprouts (60 g)
- 1 tomato (80 g)



During pregnancy, you may feel unwell or nauseous, therefore small nutritious meals and snacks can be important to get the nutrients you need to keep you feeling well.

For example:

- Hot vegetable soups
- Baked potato with fillings such as corn or homemade slaw
- Savoury muffins or scones
- Vegetable sticks
- Homemade quiche
- Freshly made salad
- Stir fried vegetables



Food Safety is especially important when pregnant, so ensure that when you are preparing vegetables you:

- Wash them thoroughly
- Handle, prepare and store foods separately
- Eat freshly made salads, avoid pre-prepared salads.

